

Name: _____

Date: _____

Jumping Rubric

	Excelling	Proficient	Developing
Trunk	Knees are bent to at least 90 ° in the crouching action	Body leans forward with only a slight bend on the knees	Crouch before take-off is inconsistent
Take off and Flight	Both arms and legs are extended fully during the flight phase	Body does not extend fully during the flight phase	Leg extension and force generated at take-off is poor. Little height is achieved
Arms and Legs	Legs and arms are coordinated to generate force in the take-off phase	Arms contribute to the jump but not forcefully	Leg and arm action are poorly coordinated
Head	Head is lifted and eyes are focused on a target		Head is often not lifted upwards during the jump
Landing	Landing is soft, controlled and close to the take-off	Some forward movement on landing	Landing is far from take-off and is unbalanced

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